



What's Your Vision?

In UPschool's "What Drives You?" Program, we use The Motivation Factor™ framework and the Hierarchy of Motivation® to explore and enhance multiple aspects of your work and life.

Each exploration starts by identifying an area of your work or life and envisioning the change you want to see in that area. This worksheet helps you begin the process and as a member of UPschool you get guidance and coaching through each step no matter how many different areas you want to address.

1. Who do I want to be? Envision the change you want to see in yourself: Today I am X. When this aspect of my work/life is changed, I am Y. Describe "Y".

2. What, specifically, is different? When you've achieved "Y", what do you and/or others see that is different?

3. Why is this change important? Brainstorm the reasons this is important. Consider using the "5 Why's" exercise found in UPschool's Resources to uncover deeper reasons.

4. How will this change impact me and those I care about? Brainstorm both intended/positive and potentially unintended/negative impacts.

5. When will I achieve this change? Choose a date by which you would like to realistically effect this change.

6. Write it Out. Construct a SMART goal to articulate your objective. A SMART goal overview and worksheet is available in UPschool's Resources section.

Reflect on Your Work:

What do you like most?

What concerns do you have?

How do you feel about your vision?

What questions do you have for your coaching session?

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